HEARTY LUNCH
SPICY DRESSING ADDS ZEST TO TUNA AND GREENS {page 11}

OFF THE COUCH!
TRAINER GIVES TIPS TO GET YOUR KIDS MOVING {page 10}

ANXIETY
HOW KEIRA OVERCAME HER STAGE FRIGHT {page 8}

WINNIPEG metro®
Monday, January 9, 2012
www.metronews.ca
News worth sharing.

Come all ye faithful

City Christian churches meet for massive service **Sean Quigley opens to cheering crowd**

SHANE GIBSON/FOR METRO

▶ A worshipper rejoices along with 13,000 others at One Heart Sunday.

Thousands of faithful Winnipegers made a pilgrimage to the MTS Centre on Sunday to attend the annual One Heart church service.

"We felt God wanted us to give up our own personal preferences. We're one church declaring we have one Lord and one purpose," explained Ron McLean, event spokesperson and pastor at Winnipeg's Gateway Church. "It lets us know we're part of something bigger and that we're here to serve and bless our city."

This year the massive service saw parishioners from 62 Christian Churches in attendance, up from around 50 churches last year and 25 at the first event in 2010.

Last year's event drew roughly 13,000 faithfuls, and although attendance numbers weren't available by press time, it looked as though a similar number filled the arena again this year.

Parishioners were asked to make a $2 offering which will be donated to the city.

"It's going to go to some worthy causes in the inner city," said McLean.

SHANE GIBSON

Upper Chamber

'Toban to sit in Senate

JoAnne Buth, former president of the Canola Council of Canada, one of seven senators appointed Friday {page 2}

Unrest fuelled by cuts

End of gas subsidies leaves Nigeria in turmoil {page 5}

A healthy donation

Pharmacist gives $1M to two local health foundations {page 2}

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1 news

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Hundreds of loved ones gather on the deck of HMCS Charlottetown to bid farewell to sailors bound for the Mediterranean Sea. Watch at metronews.ca/video

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Feds to test Manitoba elk for TB

The federal government is planning to test elk for tuberculosis in a Manitoba national park amid fears the disease could infect cattle herds.

Parks Canada has issued a request for proposals for tests in Riding Mountain National Park citing a "serious threat" to the livestock industry. The park in western Manitoba is home to more than 2,000 elk, and officials estimate four per cent are infected with the contagious respiratory illness.

There are 50,000 cows on 700 farms in the area that could be threatened by the contagious disease.

Ken Kingdon, co-ordinator of the wildlife health program at Riding Mountain park, said testing is part of an ongoing effort to "whittle" away at the disease. Elk are tested and then tracked using a GPS collar, he said. Infected elk are recaptured and destroyed.

"Our intent and our hope is that our actions will end up leading to eradication of bovine tuberculosis in wildlife."

THE CANADIAN PRESS

THE ASSOCIATED PRESS FILE

▶ The federal government says elk herds in Riding Mountain National Park may pose a risk to domestic cattle.

'Toban named to the Senate

Total number of senators appointed by Harper: 48 Named 18 to the chamber in 2008

ELISHA DACEY
@METRONEWS.CA

YOUTUBE

▶ JoAnne Buth is Manitoba's newest senator.

A local advocate for the Canola industry is the latest in a group of seven appointed to the Senate.

Manitoban JoAnne Buth was named to the Senate on Friday, announced by Prime Minister Stephen Harper.

A former president of the Canola Council of Canada, Buth replaces the retiring Sharon Carstairs.

Buth joins Ottawa's chief of police Vern White, former St. John's East conservative MP Norman Doyle, Albertan Betty Unger, Quebec Conservative party organizer Ghislain Maltais and Toronto doctor Asha Seth.

White, who has led the Ottawa police for almost five years, had previously been touted as a candidate for RCMP commissioner — but Prime Minister Stephen Harper tabbed him for a Senate seat instead.

Harper also announced his intention to appoint to the Senate former policeman and failed Conservative candidate Jean-Guy Dagenais of Quebec.

New Democrat MP Charlie Angus swiftly denounced the appointments as cushy rewards for party loyalists.

"It stinks," said Angus. "These are puppets of the prime minister."

The NDP has never held a Senate seat and has long advocated abolishing the upper chamber.

The appointments give the governing Conservatives a commanding majority in the Senate with 61 seats, 20 more than the Liberals.

There are also two Independents and one Progressive Conservative.

The new Conservative presence in the Senate, once dominated by Liberals, has allowed the government to speed legislation through the chamber and exert more control on committees.

New top dog at Hydro

Manitoba Hydro has a new president and chief executive officer.

The Crown corporation announced Friday Scott Thomson will take over the top spot left vacant by Bob Brennan, who announced his retirement in August.

Thomson, 48, comes to Hydro from Fortis BC Holding Inc., a major natural-gas and electric utility in British Columbia, where he was chief financial officer and executive vice-president, finance, regulatory affairs and energy supply. Thomson will begin the job in mid-February.

SHANE GIBSON

For more local news, visit metronews.ca/winnipeg

COURTESY OF MANITOBA HYDRO

▶ Scott Thomson

News in brief

Pharmacist donates $1M

A local retired pharmacist has donated $1 million to two local health-care foundations. The Misericordia and the Riverview Heath Centre foundations were each recipients of $500,000 from pharmacist J. Laurie Johnston, who said he started investing as a young man with the intention of donating it in the future.

ELISHA DACEY

Missing man found dead

A man feared missing has been found, but not the way his family had hoped for. Police said Matthew Franklin, 24, has been found dead in a park in East Elmwood.

ELISHA DACEY

Anchors. Aweigh

▶ Sailors aboard HMCS Charlottetown wave to their friends and family as they leave Halifax for the Mediterranean Sea on Sunday morning.

RYAN TAPLIN/METRO HALIFAX

Hundreds of well-wishers gathered on the deck of HMCS Charlottetown on Sunday to bid farewell to sailors bound for the Mediterranean. The frigate, carrying some 250 sailors, left under sunny skies to take part in Operation Active Endeavour, a six-month NATO counterterrorism mission. The crew will be tracking, boarding and reporting on ships believed to be involved in terrorism. The operation was launched after the Sept. 11 attacks.

HMCS Charlottetown on counterterrorism duty

‘They killed my baby’: Mom of man beaten in Grenada

More details emerge about Oscar Bartholomew’s death at Grenada police station ◐ Family, friends prepare for his funeral on Monday

In the end, it may be that one of Oscar Bartholomew’s trademark bear hugs sparked the tragic chain of events that led to his beating death in a police station in St. David’s, Grenada.

While much remains to come out about what happened, the Canadian Press, based on several interviews, has pieced together an account of what some say led to the death of the visitor from Canada.

“They beat my child to death,” Andrianne Bartholomew, his grieving mother, said Saturday. “They killed my baby, my last baby. They killed him.”

Bartholomew, 39, a native Grenadian who lived in Toronto, and his wife of 10 years, Dolette Cyr Bartholomew, of Cascapedia-St. Jules, Que., were visiting over the holidays. While driving on Boxing Day, Cyr Bartholomew needed to use a washroom, and the couple stopped at the St. David’s police station, where she went inside to use the facilities.

Thinking he recognized a uniformed policewoman as a friend, Bartholomew got out of his car and grabbed her from behind in an exuberant embrace, witnesses said.

“He was always loving to his people,” his mother, 71, said of the youngest of her four children. “Whenever he meet his people, he always hugged them and give them a cheer.”

Some said the officer yelled out she was being raped. Defence lawyer Anslem Clouden, who represents one of the accused officers, said the officer “cried out for help.”

COLIN PERKEL/THE CANADIAN PRESS

▶ Andrianne Bartholomew says her son was a “quiet, loving person.”

At that point, a colleague in a parked police car came to her assistance. A second officer soon came running from the station to help.

Police say Bartholomew tried to kick the officers and resisted them. “Tempers flared on all sides,” Clouden said.

Three other officers joined the fray and held him down as they struggled to handcuff him. A senior officer ordered a junior to use his belt to tie Bartholomew’s feet together because he was kicking out, the lawyer said, citing witness statements.

Within minutes, Bartholomew was in a coma and lay dying.

Cyr Bartholomew, who did not see much of what happened to her husband, refused to discuss the matter Saturday as she prepared for his funeral, to be held Monday.

“It’s a very bad time,” she said. **THE CANADIAN PRESS**

News in pictures

PHOTOS
1. JEROME DELAY/THE ASSOCIATED PRESS
2. JOHN RAOUX/THE ASSOCIATED PRESS FILE
3. MATT YORK/THE ASSOCIATED PRESS
4. CHERYL EVANS/THE ARIZONA REPUBLIC/ THE ASSOCIATED PRESS

1 Tens of thousands of South Africans wave the colours of the African National Congress on its 100th anniversary on Sunday. Absent because of his frailty was Nelson Mandela, the nation’s first black president and longtime leader of the anti-apartheid movement. **THE ASSOCIATED PRESS**

2 British astrophysicist Stephen Hawking turned 70 on Sunday. Hawking, who suffers from motor neuron disease, was not well enough to attend a cosmology conference held in his honour at Cambridge University. **THE ASSOCIATED PRESS**

3 Catherine Middleton, the Duchess of Cambridge, turns 30 on Monday, but royalty buffs expecting a lavish party will be disappointed. Palace officials said the duchess will mark the personal milestone with a “low-key and private” affair. **THE ASSOCIATED PRESS**

4 Ina Menzl hugs her daughter, Rebecca Kraft, 4, on Sunday outside the Tucson, Ariz., Safeway store where Congresswoman Gabrielle Giffords was shot a year ago during a shooting spree that left six dead and 13 wounded, including Giffords. **THE ASSOCIATED PRESS**

Canada Day party to commemorate War of 1812: Documents

The federal government has hired a consultant to inject a little war into this year’s Canada Day bash on Parliament Hill.

Paul Shaw, a Toronto theatre producer, has been asked to find ways to insert a War of 1812 theme into the festivities that typically include pop music, dance and fireworks.

“I do big-ass special events all the time, so they asked me to do that,” Shaw said. “It’s sort of tricky to do a War of 1812 theme when you’ve got so many modern things in and around it.”

The Conservatives, who have been promoting Canada’s military heritage, have earmarked money throughout the year to note the bicentennial of the War of 1812 in North America.

The Canadian Heritage Department normally injects patriotic themes into the Canada Day noontime show on Parliament Hill, giving the National Capital Commission a free hand to organize the evening show.

But a recently posted tender document shows that the war theme will appear in both shows. “In 2012, the Government of Canada is commemorating the War of 1812 and this theme must be incorporated in both the noon and evening shows,” it says. **THE CANADIAN PRESS**

DAVE CHIDLEY/THE CANADIAN PRESS

▶ Re-enactors dressed as British soldiers fire their muskets at American forces during a 2007 restaging of a War of 1812 skirmish west of London.

WHERE WE ARE HEADED IN 2012

URBAN COMPASS

COLIN FAST
METRO WINNIPEG

For the first column of 2012, I thought I'd get out the virtual urban compass and suggest a few directions I'd like to see our city follow over the next 12 months.

Less killing: As we turn the page on the calendar, we also reset the counter for the number of homicides committed in our city, which reached a record-breaking total of 39 in 2011. While murder rates can fluctuate significantly from year to year, last year's spike is obviously a concern for all citizens, and especially for our police and politicians.

More winning: The Jets are back. The Bombers are getting a new stadium. The Goldeyes joined a new league. That's all great, but isn't it about time one of our teams actually won a championship? Our collective hangover from the Goldeyes' 1994 Northern League title seems like it should have ended ages ago.

"This spring will see the long, long, long awaited opening of Winnipeg's first rapid transit line, which will speed up the commute for those living or working in the southwest."

Less waste: Big changes are planned this summer for Winnipeg's garbage and recycling services. While the switch to rollout carts for pickup will no doubt send many people into full-blown Chicken-Little mode, the system holds a lot of promise for increasing our pitiful waste-diversion rate.

More co-operation: After enduring three elections in 12 months, we've finally reached a period of calm. With no votes planned for almost three years, this is a golden opportunity for local politicians to set aside the partisanship, posturing and publicity, and actually try to work together to achieve some positive things for our city.

Fewer cars: This spring will see the long-, long-, long-awaited opening of Winnipeg's first rapid-transit line, which will speed up the commute for those living or working in the southwest. Meanwhile, bike paths continue to expand all over the city, and more condos are being built near the downtown business core. Could this all lead more Winnipeggers to leave the car at home? Or better yet, on the dealer's lot?

More service: It's still a pain to register for swimming or skating classes in this city. It's impossible to pay online for a provincial traffic ticket. And simple requests for government information are often responded to with hefty bills for photocopying and research. Let's hope that in 2012 governments start treating us less like millstones and more like customers, who deserve good service for our money.

Good luck in 2012, folks.

Colin Fast is a corporate communicator who blogs about life in Winnipeg at policyfrog.com.

Red River basin gets a hand

NEWS WORTH SHARING

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.

We all know grassroots grow with water. Here, water gets a boost from grassroots. A locally based organization is diving into the new year by helping to protect the Red River.

From Jan. 24-26, the Red River Basin Board will host the 29th annual Red River Basin Land and Water International Summit at the Fort Gary Hotel. The board comprises provincial and federal government officials and representatives from cities, counties and First Nations communities around the Red River basin in Canada and the U.S.

Their goal is to protect the water resources of the Red River Basin by creating grassroots water management strategies. The purpose of the summit will feature workshops, speakers and exhibits on topics including education, technology, water quality and drainage and how they impact the conservation of the Red River basin. The results of the summit will help the board in its mission "to develop a Red River Basin integrated natural resources framework plan … and to work toward a unified voice for the Red River Basin."

You can help sustain the Red River or other water sources in your community by contacting the RRBB or one of the many other water-sustainability organizations throughout Canada. Check out waterkeeper.org for resources and information to help you become a water conservator.

CRAIG AND MARC KIELBURGER

Help the good news get around. Send your stories of local heroes and positive action to goodnews@metowe.com and we will share them right here.

MILAN KRASULA / SOLENT NEWS / REX FEATURES

Daily Zoom

Bambi meets his master

Eagle almost gets deer

SLOVAKIA. Is this bird friends with deer-chasing, viral hero Fenton the Dog? This golden eagle failed to catch this deer after the brave young doe managed to escape.

Photographer Milan Krasula said, "You have to be very lucky to get a good shot, as you cannot predict where the prey will be hiding."

METRO WORLD NEWS

Eagle went for the bigger one

HUNT. The 30-year-old Krasula spent four days trying to get a great picture of the annual eagle hunt, where owners release their birds to hunt prey. "(One owner) did not see the little doe and had actually released the eagle to get another animal. Of course, the eagle went for the doe instead of the other prey," Krasula said.

METRO WORLD NEWS

5

A fully grown roe deer, at 30 kilograms, is five times heavier than a six-kilogram golden eagle. Still, the deer is the golden eagle's largest regular prey item. Cases exist of golden eagles killing calves. Eagles usually eat rabbits, squirrels, birds and large insects.

How the fawn made its escape

CHASE. While describing it as "an event of Mother Nature," Krasula was secretly rooting for the fawn and its quest to escape. "I think the life of the doe was saved by a nearby fence. It wanted to jump over it but was so frightened it only managed to slip underneath, giving the eagle no choice but to abandon the chase."

METRO WORLD NEWS

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SUNDA ALAMBA/THE ASSOCIATED PRESS

▶ An unidentified woman carries fuel from a petrol station in Lagos, Nigeria, on Sunday. Nigerian lawmakers have turned against the president's decision to end government fuel subsidies.

Nigerian fuel-subsidy cut alarms lawmakers

Occupy Nigeria protests have begun Anger fuelled by ongoing violence by radical Muslim sect, corruption

Nigerian lawmakers on Sunday turned against the president's decision to end government fuel subsidies that kept gasoline prices low, just ahead of a planned labour strike that could paralyze Africa's most populous nation.

In an emergency session, Nigeria's House of Representatives shouted down supporters of President Goodluck Jonathan as they voted for a resolution calling on him to restore subsidies. But their moves went unnoticed by unions preparing for a nationwide strike set to begin Monday, despite a court order against it.

$8B Fuel subsidies cost Nigeria about $8 billion US a year.

"This cabal and their associates represent perhaps the biggest economic and financial crime in the history of Nigeria." said Rep. Femi Gbajabiamila, a member of the opposition party Action Congress of Nigeria.

Gas prices have risen from 45 cents per litre to at least 94 cents per litre since the subsidy ended Jan. 1. That spurred a spike in food and transportation costs in a nation of more than 160 million people where most live on less than $2 a day.

Even members of Jonathan's ruling People's Democratic Party spoke out against him. Some lawmakers said the subsidy removal could lead to a revolution like those that swept across some Middle East countries last year.

THE ASSOCIATED PRESS

Original U.S.-made coin fetches record $1.38M

HERITAGE AUCTIONS/THE ASSOCIATED PRESS

▶ The 1793 Chain Cent auctioned last Wednesday.

A once-cent copper coin from the earliest days of the U.S. Mint in 1793 has sold for a record $1.38 million US at a Florida auction.

James Halperin of Texas-based Heritage Auctions told The Associated Press Saturday that the sale was "the most a United States copper coin has ever sold for at auction." The coin was made at the Mint in Philadelphia in 1793, the first year that the U.S. made its own coins.

Heritage officials said in a news release that the name of the buyer was not revealed but that he was "a major collector." One of the coin's earliest owners was a well-known Baltimore banker, Louis Eliasberg.

"Mr. Eliasberg was nicknamed 'the king of coins' because, before his death in 1976, he assembled a collection that consisted of at least one example of every coin ever made at the United States Mint, a feat never duplicated," Halperin said.

The final bid for the coin was one of the largest sales at the Florida United Numismatists coin show and annual convention. A five-dollar gold piece from 1829 was also sold. Halperin said there remain a few hundred 1793 coins in different condition, but that the one auctioned off last Wednesday is rare because it wasn't in circulation.

Officials say it shows no wear on its lettering, its Lady Liberty face or the chain of linking rings on its back.

The news release said the coin is known as a Chain Cent because its chain of rings was to represent the solidarity of the states. The design was changed to a wreath after critics said it was symbolic of slavery. THE ASSOCIATED PRESS

Twilight series' makers set for a buyout?

Lions Gate is close to buying Summit Entertainment, the maker of the teen hit Twilight series, for about $400 million US in cash and stock, according to two people who were briefed on the matter. They were not authorized to speak publicly and requested anonymity.

Talks on a deal are in the late stages and could be finalized this week. Summit also has about $300 million in debt linked to its movies. That debt is expected to be paid off quickly.

THE ASSOCIATED PRESS

Market moment

PRICES AS OF 5 P.M. FRIDAY

TSX	Dollar
- 48.76 (12,188.64)	- 0.76¢ (97.37¢ US)

Oil	Natural gas
- 25¢ US ($101.56 US)	$3.06 US (+ 8¢ US)

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2 scene

Keira's breakthrough

Knightley talks about prepping for the role of a repressed psychiatric patient in A Dangerous Method ◗ How she battled her own psychological issue — a bad case of stage fright

RICHARD CROUSE
SCENE@METRONEWS.CA

Since her 2002 breakout performance in Bend it Like Beckham, Keira Knightley has starred in 18 films, but it was only recently she realized something about her acting process.

"I suffer very badly from stage fright," she says.

"I didn't find it out until I had actually been on stage that that's what the feeling was.

"It's literally like having a wall in front of you. You know you have the ability to break through but for some reason you can't on that day.

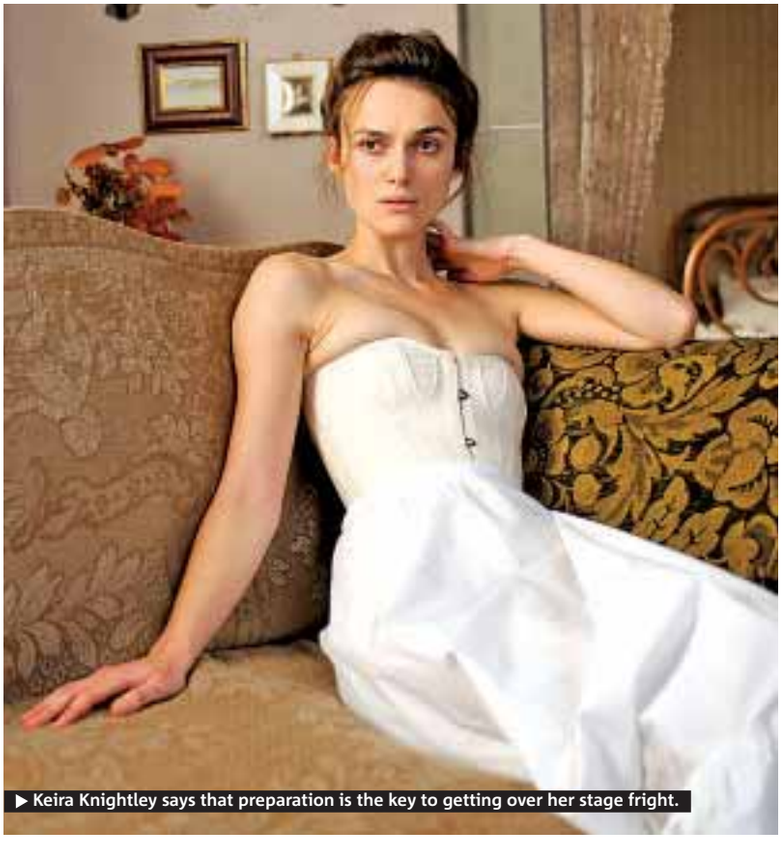
"It's very strange that you can work as much as I do and still have a problem with that."

She has found a way to circumvent her fears, a method that came in handy while making her newest film A Dangerous Method, the story of the fathers of psychoanalysis, Carl Jung (played by Michael Fassbender) and Sigmund Freud (played by Viggo Mortensen), and Sabina Spielrein, the intelligent but troubled patient who causes a falling out between the men.

"I found only in the last few years that research helps," she says.

"As far as getting over that fear of stage fright I find that preparation is the key."

HANDOUT



▶ Keira Knightley says that preparation is the key to getting over her stage fright.

To play Spielrein, a woman wracked by tics and repression, Knightley threw herself into the exploration of the character.

"There was nothing that linked me to her," she says.

"I had no idea about it. So I phoned Christopher Hampton because he did the adaptation of Atonement, which I did a few years ago, and said, 'I'm going to do this, so help. Just help.'

"I went round to his house and thought he was going to give me a talk for a couple of hours and give me all the answers but he just handed me a pile of books and said, 'Start reading. It's all in there.'"

She eased her nerves with the research and further support was supplied during shooting by the film's director, David Cronenberg.

"Sets… are very difficult creative spaces," she says, "and trying to get the space so you can use your imagination and get yourself so you are not frightened by however many hundreds of people are on the set is quite a difficult thing.

"What David does is entirely creative. As much as it is technical it is also creative, collaborative and everybody is incredibly respectful of each other.

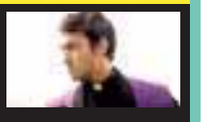
"He's a magician. He's absolutely extraordinary."

"What David (Cronenberg) does is entirely creative. … He's a magician. He's absolutely extraordinary."
KEIRA KNIGHTLEY

Viggo Mortensen on research

▶ "With David (Cronenberg) I know I'm going to have a good time shooting and the movie is probably going to be really interesting and original. As is the case this time again. A lot of cases with other directors the shoot is maybe fraught with tension and disorder but the research period can always be interesting. I love that."

Box office



The Devil Inside has scared up a monstrous $34.5 million opening weekend to help Hollywood exorcise its recent box-office demons. The surprise hit from Paramount Pictures debuted well above industry expectations. The Devil Inside bumped another Paramount hit, Mission: Impossible — Ghost Protocol, from the No. 1 spot to No. 2.
THE ASSOCIATED PRESS

Gerry Dee turns former teaching antics into CBC-TV sitcom

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Say hello to the younger Young Hov'

Jay-Z, Beyoncé name daughter Blue Ivy Carter

ALL PHOTOS GETTY IMAGES

▶ Jay-Z and Beyoncé

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA

Beyoncé Knowles and Jay-Z reportedly welcomed their daughter over the weekend, according to E! News.

The baby, named Blue Ivy Carter (although some outlets are saying her name is Ivy Blue Carter), was delivered on a private floor of New York's Lenox Hill Hospital that the superstar couple had reportedly paid $1.3 million to rent out.

And while mom and baby recuperate, security is remaining high: Hospital workers have reportedly put tape over surveillance cameras, and employees' mobile phones are being confiscated when they arrive for shifts, sources tell the New York Daily News.

There had to have been a musical motive to naming the child Blue (rhymes with "Boo?").

While it's not likely the name was inspired by albums by Joni Mitchell or Weezer, we think that every time the girl does a cute drawing they can call it The Blueprint and The Blueprint II after her dad's landmark albums.

Plus, it would have been too weird to name the girl Hova-ette.

Timberlake's granny spills the beans

ENGAGEMENT. While Justin Timberlake and Jessica Biel may not have confirmed their recent engagement, Timberlake's grandmother is happy to take care of that for him.

"Yes, Justin is engaged. Jessica is a very sweet girl, she's upright and everything and we love her," Sadie Bomar tells Radar Online.

"She's a wonderful campaigner for the environment and Justin is too, a fine young man. Jessica will be a lovely member of the family."

METRO

Sienna settles down

Sienna Miller has stopped her home-wrecking ways, it seems (remember when she allegedly broke up the marriage of Balthazar Getty?).

The actress and boyfriend Tom Sturridge are ready to get married and have a family, though which they'll do first isn't clear. Miller recently confirmed she's expecting her first child in June, and now word comes that Sturridge popped the question during a recent vacation to Paris, according to Life & Style.

Sienna Miller

"They're engaged and really happy. Her family is happy, as they absolutely adore Tom," a source says.

"He filled their hotel suite at the Ritz with flowers and presented her with a vintage Victorian ring. It was incredibly romantic — she was blown away."

METRO

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3 life

Twins take over

More U.S. women are having twins these days. Health officials say one in every 30 babies is a twin. In 1980, only one in 53 newborns was a twin. Experts attribute the jump mainly to medical treatments and procedures that help infertile couples. But they note that there are more older moms today. For some reason, women in their late 30s have twins at a higher rate.

THE ASSOCIATED PRESS

Earlier diagnosis of dementia would have been beneficial, caregiver survey finds.

Get your kids moving in 2012

THINKSTOCKPHOTOS.COM

▶ Turn off the television and get outside!

Stephanie Joanne, trainer of the Degrassi cast, shows how to get your child moving ‘Think of exercise for kids as simply moving their bodies’, she says

HEATHER BUCHAN
LIFE@METRONEWS.CA

As a kid, you played Capture the Flag. Kids today are playing Call of Duty. The premise of each game is similar. The difference: One is done outdoors, and involves running and jumping and fake shooting…while the other requires a couch. And maybe a sugary soda, as an accessory.

It’s an old story: kids don’t get enough physical activity. What’s scary is the new research that proves it: Here in Canada, for example (a country with a lot of outdoors), only nine per cent of boys and four per cent of girls meet the new Canadian Physical Activity Guidelines, which state that children and youth should accumulate at least 60 minutes of moderate to vigorous intensity physical activity daily

The impact of this trend is both immediate (the rise of childhood obesity and diabetes is alarming) and lifelong (lifestyle patterns start young and inactive kids generally turn into inactive adults).

So how can you get your kids off the couch this New Year? “Exercise for kids doesn’t mean hitting the treadmill,” explains Stephanie Joanne, who is currently training the cast of the hit high school series Degrassi, including stars Jessica Tyler and Raymond Ablack. Simply running around playing hide-and-seek or kicking around a ball shouldn’t be viewed as frivolous.

Simple daily physical activity like this improves stamina, agility, strength and coordination in kids.

“Think of exercise for kids as simply moving their bodies. Let them decide how they want to be physically active. Maybe it’s throwing a Frisbee, joining a sports team, joining a dance class or simply jumping on a trampoline.”

Joanne, also an Extreme Fitness personal trainer, recommends exposing children to as many different forms of activity as possible. “This way, they can choose which ones they enjoy,” she says. One easy way to get kids moving around is through dance.

“It’s much more effective to tell kids to dance to their favourite songs than to ask them to stay on cardio equipment,” she says, adding, “If they don’t like dancing, they can skip to their favourite songs.”

And if your little ones are technology obsessed, replace Call of Duty with games that require users to get up and move around.

They follow you

According to the Active Healthy Kids Canada, children who receive greater parental support for physical activity, and who have parents who rate physical activity as highly enjoyable, are more likely to engage in one or more hours of physical activity a day.

Tips

THIS YEAR, GET YOUR KIDS OFF THE COUCH

STEPHANIE JOANNE
EXTREME FITNESS PERSONAL TRAINER

1 **Lead by example.** Be a positive role model. Don’t expect your kids to do something you’re not doing. Find activities you can enjoy together and commit to fitness for your family.

2 **Create active habits.** Walk with your kids to school, do active chores together or get active by volunteering. Create routines early on that require your kids to be active. When it becomes normal to not move and just sit in front of the TV, it becomes harder to break those habits later on.

3 **Get a dog.** A family dog is a great way to guarantee some activity in the home. The dog must be walked and it holds kids accountable to making the daily commitment to getting out and walking.

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Spice up those healthy greens

With its tuna chunks, this salad is hearty enough for a filling lunch

DINNER EXPRESS

EMILY RICHARDS
FOOD@METRONEWS.CA

With cold winter days and nights upon us, crisp bright salad is perfect for a look ahead to spring.

Spicy Oil-Dressed Tuna & Greens

EMILY RICHARDS

This recipe serves four.

Ingredients:

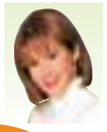
- 3 tbsp (45 mL) extra virgin olive oil
- 1 jalapeno pepper, seeded and minced
- 1 large clove garlic, minced
- 3 tbsp (45 mL) white wine or cider vinegar
- 1/4 tsp (1 mL) salt
- 8 cups (2 L) mixed salad greens
- 1 cup (250 mL) halved grape tomatoes
- 1/3 cup (75 mL) thinly sliced red onion
- Half green pepper, thinly sliced (optional)
- 2 tbsp (25 mL) each chopped fresh chives and Italian parsley
- 2 cans (170 g each) chunk light tuna in water, drained

Preparation:

1. In skillet, heat oil over medium low heat. Add pepper and garlic. Cook, stirring 1 min. or until fragrant. Let cool slightly. Whisk in vinegar, salt.
2. In large bowl, combine greens, tomatoes, onion, pepper, if using, chives and parsley. Divide among 4 plates. Top each with tuna and drizzle with dressing before serving.

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA.

Rose Reisman's Swap It



If you're going to eat a frozen dinner, be careful with your choice. For example, white rice raises your blood sugar quickly then crashes it, making you hungry again.

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Endless hot water, no tank

Tankless water heaters are the latest breakthrough that not only saves energy, but cuts your costs, too

ISTOCK

BEN KNIGHT
LIFE@METRONEWS.CA

Canadians love hot water. Having a tank ready to fire up a hot bath or shower after you come in from the winter cold is essential.

But in this modern, eco-conscious world, almost everything is being re-imagined. One of the latest energy-saving, cost-cutting breakthroughs is the tankless water heater.

"One of the main benefits of tankless water heaters is you're not storing and heating water while you're sleeping or out of the home," says Richard Simpson, Rheem Canada's tankless business manager. "The tankless only heats the water as you need it."

OK, but how long does that take? Tap water runs very cold in Canada, and we don't like to wait.

"With some units it can take an additional couple of seconds' delay," explains James Gray-Donald, sustainability leader for Sears Canada. "However, there are a number of units with a small reserve tank — just three or four litres of water — to avoid that delay."

$1.75
The average cost of heating water for a 10-minute shower in Canada is $1.75. That's $52.50 a month if you shower every day. The higher efficiency of tankless water heaters can cut the number by 30 per cent.

Cold water is forced through a blazing natural gas heating system, quickly cranking it from frosty cold to toasty hot. The cost of keeping large amounts of water hot for long periods of time is eliminated.

They're not cheap, though. Tankless water heaters cost double or more the price of their traditional counterparts. But their increased efficiency can easily save a family of four $250 per year.

"Instead of 65 to 67 cents of every dollar you spend getting into the water in the form of energy, 94 cents of that dollar gets there," Rheem's Simpson says.

And there's another significant advantage of tankless water heaters — they never, ever run out of hot water.

"In Canada, the biggest driver for the consumer is unlimited hot water." Simpson concludes. "We actually give you a 12-year warrantee. We fully expect to get 20 years of life out of these things."

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New year, new life

With a job on the horizon, cancer on the back burner and a positive outlook, Lisa is ready to take on the world

TURNING POINT

TERESA KRUZE
LIFE@METRONEWS.CA

It's a new year and new beginning for Metro's Makeover Contest winner Lisa Airst.

The cancer survivor is about to start a new job as an educator with an organization that manages homes for people with mental health issues, and Lisa says the contest played a huge role in securing her new job.

"I believe I was determined before but sometimes I gave up. Sandy at NEXCareer didn't give up on me. I learned to be even more determined and persistent."

SCOTT KENNELLY

▶ Lisa Airst before and after a makeover courtesy of Donato Salon and Spa.

Lisa's new wardrobe from Danier, the notebook from TechDirect, the Blackberry with phone service from WIND Mobile and mentoring from Robin Sharma International and eBranders all helped put her on the path to success.

She recently went to Donato Salon and Spa, and as you can see from her photo she has a beautiful new look to go along with her new job and outlook on life.

"I had a follow-up with my surgeon. I'm in remission and flying high. I feel positive about the future because I persisted right to the end and I didn't give up."

From all of us at Metro News, Congratulations Lisa!

Major road block

Research indicates that a school's proximity to a major street can affect a student's health and academic success

Students in low-income neighbourhoods are facing exposure to elevated levels of air and noise pollution due to the location of their schools near major roads, a new study suggests.

Researchers from Simon Fraser University (SFU) and the University of British Columbia looked at nearly 1,500 public elementary schools in Canada's 10 largest cities.

Addresses were geocoded with the proximity to the nearest major road calculated for each school. Researchers gathered data on income and neighbourhood characteristics from the 2006 census.

Studies of children who live near major roads have found that traffic-related air pollution is associated with lower lung function, impaired lung growth, asthma, ear infections and lower cognitive functioning, said SFU geography graduate student Ofer Amram. He co-authored the study with SFU health sciences assistant professor Ryan Allen and three UBC colleagues.

Amram said similar studies of traffic-related noise have found links to increased blood pressure, reduced sleep quality and cognitive deficits.

ISTOCK

▶ Schools found in neighbourhoods with a higher average income are less likely to be near major roads, according to a recent study.

Research also reveals that when children are exposed to higher air pollution and noise at school it can lead to poorer average academic performance, he noted.

Based on measurements of nitrogen oxide concentrations, ultrafine particle counts, and noise levels in three Canadian cities, researchers defined schools located less than 75 metres from major roads as their zone of primary interest.

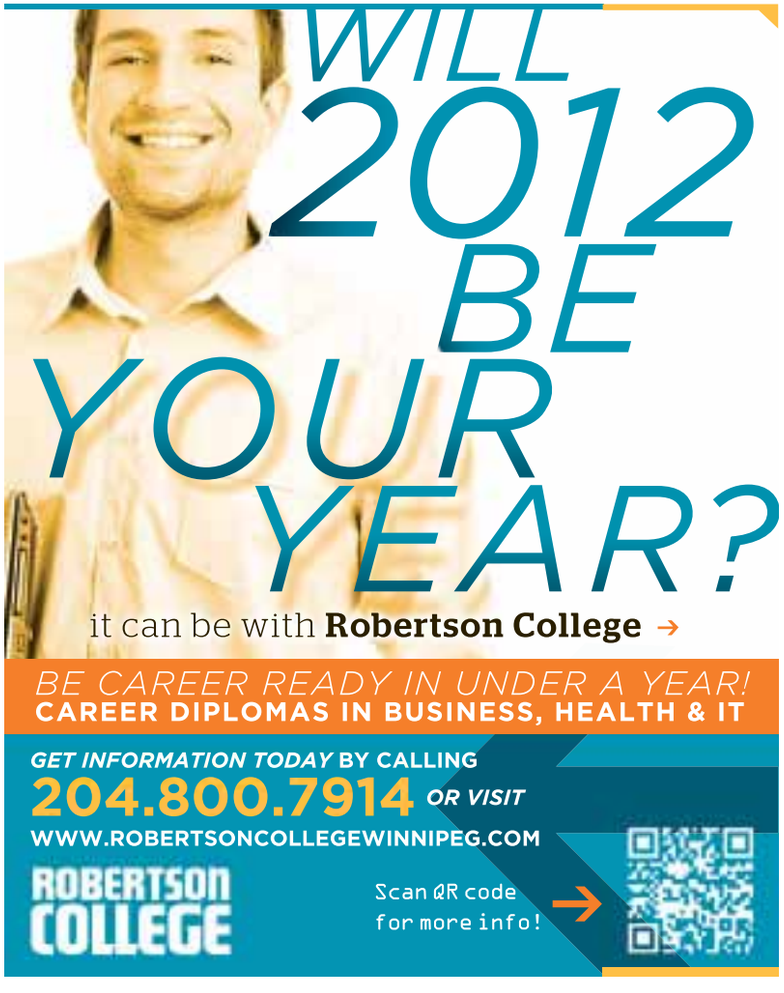
Across the country's 10 biggest cities, 16.3 per cent of public elementary schools were located within 75 metres of a major road, with a wide variability between cities.

THE CANADIAN PRESS

Down the road

Future of the findings

- Graduate student Ofer Amram said he hopes his and Ryan Allen's research can help officials determine where to build new schools, and serve as a guide for improvements like constructing sound barriers or installing filters in ventilation systems at existing schools.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Raonic wins in India

Canada's Milos Raonic had to work for his second career ATP title.

The 21-year-old from Thornhill, Ont., beat top-seeded Janko Tipsarevic of Serbia 6-7 (4), 7-6 (4), 7-6 (4) in a serve-dominated final of the Chennai Open on Sunday in India.

Fourth-seeded Raonic hit 35 aces in a marathon match that lasted three hours 16 minutes and didn't feature a break of serve.

"It is an awesome feeling," said Raonic, who won all 48 of his service games during the week to become the first player to win a tournament without dropping serve since Swiss star Roger Federer at the 2008 grass-court tournament in Halle.

Raonic dropped only four points on serve in the first set and had four chances to break in the fourth game before Tipsarevic stole it on a tiebreaker.

"Tipsarevic took it away in the first set," Raonic said. "But I took my opportunities in the second and third."

Raonic established a 4-1 lead in the second-set tiebreaker before levelling the match on his second set point. He had to save break points early in the decider but dominated the tiebreaker with his serve.

The Canadian is 2-1 in ATP World Tour finals, claiming his first title in San Jose last February. He followed that up by finishing runner-up to American Andy Roddick in Memphis a week later.

THE ASSOCIATED PRESS

AIJAZ RAHI/THE ASSOCIATED PRESS

"My serve is a big factor in my game ... in 99 per cent of my matches. My job is to take care of my serve."
MILOS RAONIC

JEFF GROSS/GETTY IMAGES

▶ Denver QB Tim Tebow prepares to throw the game-winning touchdown to Demaryius Thomas on Sunday.

A magic pass in the Mile High City

Tebow's 80-yard passing TD in OT lifts Denver over Pittsburgh

BRONCOS	STEELERS
29	23

One of the most storied NFL playoff teams ran into a rejuvenated Tim Tebow and the Denver Broncos.

Sorry, Pittsburgh Steelers.

The magic is back.

Tebow connected with Demaryius Thomas on an electrifying 80-yard touchdown pass on the first play of overtime and the Broncos defeated the stunned Steelers 29-23 in the AFC wild-card game on Sunday. Wild doesn't begin to describe it. The play took 11 seconds and was the quickest ending to an overtime in NFL history.

Thomas hauled in a high play-action pass at the Denver 38, stiff-armed Ike Taylor and then outraced Ryan Mundy to the end zone. Tebow, who looked as startled as everyone else, chased down Thomas and knelt on one knee — a gesture known far and wide these days as Tebowing. Then he pounded a fist in triumph and took a victory lap.

"When I saw him scoring, first of all, I just thought, 'Thank you, Lord,'" Tebow said. "Then, I was running pretty fast, chasing him — like I can catch up to D.T! Then I just jumped into the stands, first time I've done that. That was fun. Then, got on a knee and thanked the Lord again and tried to celebrate with my teammates and the fans."

Prodded by John Elway to let the ball fly, Tebow acted as if the last three weeks never happened, lifting the Broncos to their first playoff win in six years.

Behind Tebow's 316 yards passing, the Broncos (9-8) are heading to New England for a second-round game against the top-seeded Patriots on Saturday night. And, unlike Elway, who lost his first post-season start — to the Steelers at home in 1984 — Tebow is 1-0 in the playoffs.

"We're just a fighting team. A lot of resilience," Broncos cornerback Champ Bailey said. "In any adverse situation, we'll find a way to get out of it. Everybody says we backed into the playoffs, we're in. We did something right along the way. We're in it. We won a game. Now, we've got to go try to win another one."

THE ASSOCIATED PRESS

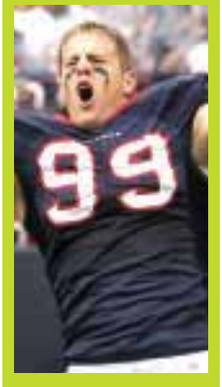
Giants win

Eli Manning threw three touchdown passes to lead the New York Giants to a 24-2 win over the Atlanta Falcons in an NFC wild-card game Sunday.

- Manning connected with Hakeem Nicks for a 72-yard TD and Mario Manningham on a 27-yard toss as the Giants (10-7) pulled away from the inept Falcons (10-7) in the second half.
- He also threw a four-yard TD pass to Nicks in the first half, which came after the quarterback scrambled 14 yards to spark the 85-yard drive.
- The Giants travel to Green Bay next Sunday to play the defending Super Bowl champion Packers (15-1), who beat them 38-35 in December.

4 sports

Quoted



"We made history. We're excited about another chance to make history up there in Baltimore."
HOUSTON DEFENSIVE END J.J. WATT, WHO HAD A GAME-CHANGING INTERCEPTION RETURN FOR A TOUCHDOWN IN SATURDAY'S WIN AGAINST THE CINCINNATI BENGALS, THE TEXANS' FIRST-EVER PLAYOFF VICTORY. THE 31-10 WIN SET UP A MATCHUP WITH THE BALTIMORE RAVENS IN THE NEXT ROUND OF THE PLAYOFFS.

Scan code for more sports.

A turning point for Detroit

Lions have taken step forward despite loss to Saints, ending playoff drought ‘We need to win our division’

The Detroit Lions have taken a leap forward by ending an 11-season playoff drought. They have work to do on defence if they want to make it beyond the first round.

All their deficiencies showed up when the Lions gave up an NFL post-season-record 626 yards to New Orleans in a 45-28 NFC wild-card loss Saturday night.

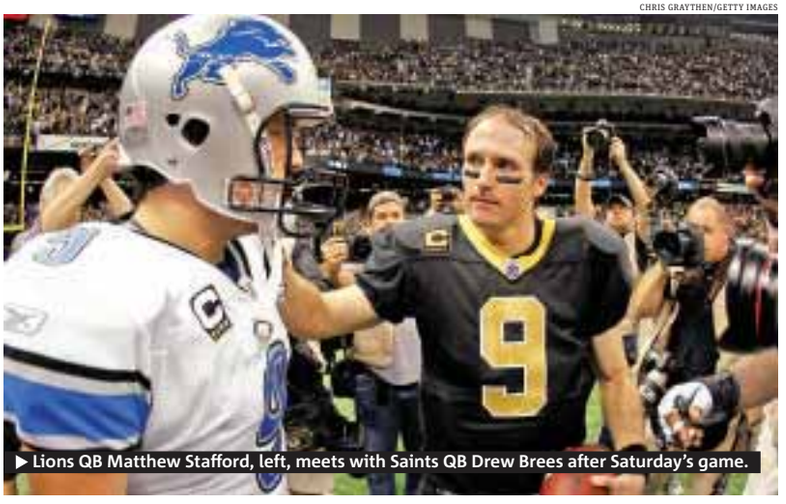
“A loss like this makes us want to return to the playoffs even more,” defensive end Kyle Vanden Bosch said. “It will be no surprise to everyone when the Detroit Lions start to make the playoffs each and every year.”

The Lions, though, will have to figure out a way to improve their roster enough to stop good teams from piling up points and yards. They allowed an average of 122 yards rushing and 312 yards passing in six losses to playoff teams — two times to both Green Bay and New Orleans, and once to San Francisco and Atlanta.

Detroit slipped to the unfavourable matchup against the Saints after losing the regular-season finale by allowing Green Bay’s backup Matt Flynn to throw for 480 yards and six touchdowns.

Instead of beating the Packers, who were without some of their best players, to face the New York Giants and perhaps have a better shot of winning a playoff game for the second time since 1957, the Lions were double-digit underdogs at New Orleans.

CHRIS GRAYTHEN/GETTY IMAGES



▶ Lions QB Matthew Stafford, left, meets with Saints QB Drew Brees after Saturday’s game.

“We learned that we need to win our division so the next time we can have a home game and benefit from our home crowd like the Saints did,” quarterback Matthew Stafford said.

“That’s a huge difference.”

Stafford’s goal has a huge obstacle: Green Bay isn’t leaving the NFC North.

Detroit coach Jim Schwartz wasn’t in the mood to reflect on the season after it ended in New Orleans, but he’s expected to Monday.

Three seasons after sealing NFL infamy as the only 0-16 team, the Lions have plenty of building blocks to become consistently competitive.

“We’re going to be around for a while,” said kicker Jason Hanson after completing his 20th season with the Lions.

Stafford threw for 5,418 yards with 44 TDs — 18 to Calvin Johnson — and 18 interceptions in 17 games that provided hope for a franchise that has desperately needed it at quarterback.

THE ASSOCIATED PRESS

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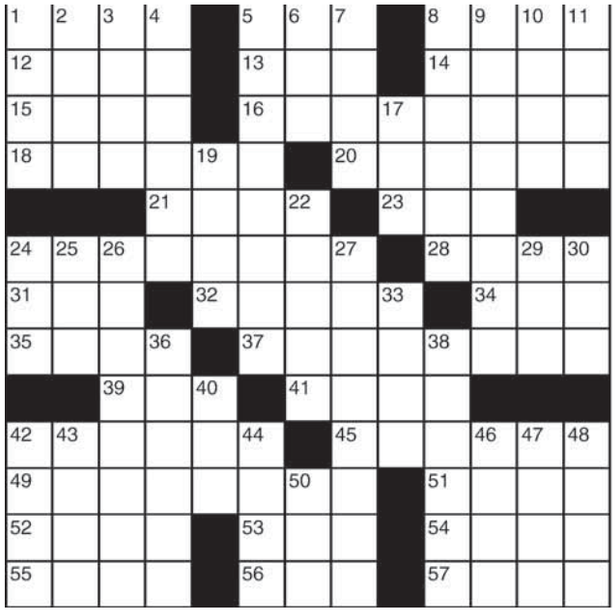
Crossword



Across

1 Study hard
5 Unruly group
8 Oscar-winner Kedrova
12 Get up
13 Yoko of music
14 Soon, in verse
15 "Zounds!"
16 Obama, e.g.
18 Elk
20 Alternative to boxers
21 Sidewalk eatery
23 Wager
24 Turn to rubble
28 Discourteous
31 Anger
32 Admit
34 Capek play
35 Obi, for example
37 Outward behaviour
39 Work on the soundtrack
41 Roof overhang
42 Slowly, in music
45 Duration
49 Insanity
51 Continental coin
52 Pub orders
53 Wall-climbing plant
54 War god
55 Fine spray
56 Caribbean or Coral
57 Fat

Down

1 Ship's staff
2 Latvia's capital
3 Pronto, on a memo
4 Physician
5 Adapted
6 Individual
7 Flop on stage
8 More frilly
9 As part of an exchange
10 Bread unit
11 Picnic invaders
17 Sphere
19 Lofty
22 Cosmetician Lauder
24 Insult (Sl.)
25 Historic time
26 Partners of messieurs
27 Everest, e.g.
29 Twosome
30 Blunder
33 Actress Campbell
36 Least minuscule
38 Virgil hero
40 Crib
42 Leading man?
43 Sandwich shop
44 Elevator name
46 Mentor
47 Genealogy chart
48 Emcee
50 "— been had!"

▶ Friday's answer

Sudoku

		5				9		
	3		8		2		7	
9	7						1	4
		3	6		8	4		
6								1
		1	5		9	8		
5	1						8	2
	9		7		6		4	
		6				3		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer ▶

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Jacob G,
Hey Babe, you light up the night sky and you brighten my day. it's amazing how someone could love someone so much. each day that we're together i cherish because i love you till death do us part.
YOUR WIFEE!

you, Believe it! it's a rose you will get a sweetie not too long.
FROM ME

you, Well I really hope rose is who i'm hoping he is...then i'll be very happy. It couldn't hurt to be direct, not easy for me either believe it or not...
FROM ME

him, ;) wanna see u! wanna see me? ;) allz yah gotsa do is dial em digits... oh happy day! ;)
HER

A look at the weather

TODAY	TOMORROW	WEDNESDAY
Min -1°	Min -18°	Min -23°
Max 5°	Max 0°	Max -15°

Jenna Khan, Weather Specialist
"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6 A.M.**

BT BREAKFAST TELEVISION

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 You won't hesitate to speak your mind today, but be careful what you say to loved ones.

♉ Taurus April 21-May 21 Don't focus on trivial issues when there are so many big things that need to be dealt with.

♊ Gemini May 22-June 21 A risk that pays off in the short-term could cause you serious financial problems in the long-term.

♋ Cancer June 22-July 22 Someone will let you down today and you won't be too happy about it. However, if you think about it rationally you will realize that it was your fault for trusting them in the first place.

♌ Leo July 23-Aug.23 Try not to let your imagination get the better of you over the next 24 hours.

♍ Virgo Aug. 24- Sept. 22 A positive outlook will most likely yield constructive results.

♎ Libra Sept. 23-Oct. 23 Today's full moon suggests there will be a clash of egos.

♏ Scorpio Oct. 24-Nov. 22 You will lock horns (or trade stings) with someone whose views are the opposite of your own today.

♐ Sagittarius Nov. 23-Dec. 21 You will find yourself up against an opponent who is every bit as determined as you are today.

♑ Capricorn Dec. 22-Jan. 20 Be careful what you say today because the full moon in your opposite sign could so easily encourage you to say too much.

♒ Aquarius Jan. 21-Feb. 18 Friends and colleagues will tell you what you want to hear today rather than what you need to hear. But you don't need anyone to tell you that you are doing too much.

♓ Pisces Feb. 19-March 20. You may believe that if you hesitate you will miss out on a golden opportunity, and you may be right. But it's just as likely that you will act too soon and make a serious mistake. **SALLY BROMPTON**

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